

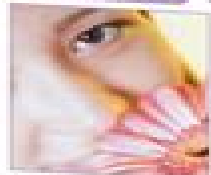
AROMATHERAPY

2nd EDITION



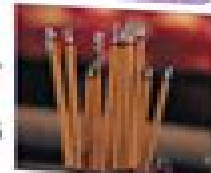
WHAT IS AROMATHERAPY?

- Aromatherapy is a holistic approach to health, using the aroma from pure essential oils extracted from leaves, stems, fruits, flowers, leaves, bark, seeds, berries, or roots of plants, trees, and herbs to treat various ailments.
- Concentrated essential oils carry the same physiological, psychological, and spiritual healing properties as the plant from which they are derived.



HOW ESSENTIAL OILS WORK

- Essential oils are highly concentrated.
- Plant properties are able to treat a number of ailments.
- Breathing odors stimulates various psychological and physiological responses.
- When they are massaged into the skin, tiny oil molecules pass into the body and are utilized; depending on the oil, it can take from 20 minutes to 2 hours to work.



BUYING & STORING

- Buy oils in dark glass bottles.
- Buy in small quantities and blend with carrier oils.
- Buy only pure and undiluted oils.
- Place bottles to collect quality.
- Buy from a reputable source.
- Heat, light, and oxygen deteriorate oil; store oils in a cool, dark place in colored glass bottles (do not use plastic).
- Shelf life varies from 6 months to 2 years; refrigerate to maximize shelf life.
- Do not leave bottles open.



USING ESSENTIAL OILS

- BLENDING OILS**
 - Use from 4 to 7 oils; test combinations of oils on cotton ball before mixing larger batches.
 - Label and store in colored glass bottle.

- MASSAGE OILS**
 - Relieve stress.
 - Relax and soothe aching muscles.
 - Ease general pain.
 - Add essential oil to carrier oil.
 - Use 2 to 3% dilution (2 to 3 drops of essential oil to 100 drops of carrier oil); always massage towards the heart (slide hands lightly over surface veins).
 - Relax Massage Oil**
 - Massage face with light upward strokes.
 - Foot & Leg Massage Oil**
 - Apply liberally and squeeze foot gently with fingers and thumbs.

- NEPHRITIS & INHALATIONS**
 - Clear congestion associated with colds or sinusitis.
 - Steam Inhalation**
 - Add 2 to 4 drops of oil to bowl of very hot water; lean head over bowl and inhale for 1 to 3 minutes.

- Vaporizers**
 - Add 2 to 4 drops of oil to vaporizer filled with water.
- Humidifiers**
 - Add 1 drop of oil and swirl as required.
- Inhale from Bottle**
 - Hold open bottle below nose and inhale.



- COMPRESS (HOT & COLD)**
 - Add 5 drops per cup of water.
 - Apply cold compress for acute inflammation (such as headaches, swellings, sprains).
 - Apply hot compress for chronic pain (such as muscular pain, labor, cramps); mix 2 to 3 drops of oil with 1/2 pint (700 ml) of hot or cold water, lay small cloth on cooler surface, and place cloth on affected area until cold compress is warm or hot. (Compress has disappeared heat (re-apply as needed).)

ROOM TREATMENTS

- Add 20 drops per 4 oz (120 ml) of water.
- Disinfect room, add relaxing aroma to room, and deodorize unwanted smells.
- Bowl Method**
 - Add 2 to 4 drops of oil to bowl of hot water; set in room until water cools.
- Spray Container**
 - Add 4 drops of oil to 1/2 pint (300 ml) water in bottle.
- Oil Burner**
 - Follow manufacturer's directions; add 2 to 3 drops of oil to water on top burner, and heat over candle.
- Light Bulb Ring**
 - Follow manufacturer's directions; place 2 to 3 drops of oil on ring and place on light bulb.
- Scented Pine**
 - Place 1 drop of oil on each log before lighting.
- Vacuum Cleaner**
 - Place 3 to 4 drops of oil on cotton balls; place in vacuum bag.

SHOWER & BATH OILS

- Aromatic Bath**
 - Depending on oils used, it can dry out skin, relax, or revive; pour water first, then add 5 to 15 drops, depending on oil (for children, dilute oils well and use smaller quantities).
- Foot Baths**
 - Add 2 to 3 drops of essential oil to hot water; soak feet for 10 to 20 minutes.
- Showers**
 - Add 2 to 3 drops of oil to sponge or wash cloth; rub over body.

OTHER USES

- Scars**
 - Place 4 to 6 drops of oil on rocks before turning on steam.
- Mouthwash**
 - Add 1 to 2 drops to bottle of mouthwash.
- Body Perfumes**
 - Dilute diluted essential oil on body.



Aromatherapy Quick Guide

Elizabeth Ashley

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the slide.

Aromatherapy Quick Guide:

Quick Reference Guide for Using Essential Oils, 2005 Quick Reference Guide for Using Essential Oils Connie Higley, Alan Higley, 1998 Aromatherapy Easy Guide for beginners, 2015-02-24 Aromatherapy is a therapeutic method that makes use of aromatic essences also called essential oils to treat various ailments in the physical mental and spiritual In aromatherapy the use of essential oils through the various methods of absorption allows to get into the deepest spheres that constitute an individual those that characterize its psychic functions Aromatherapy easy guide for beginners is a practical guide for those who approach to aromatherapy Aromatherapy is a multifaceted healing art which use the essential oils of aromatic plants and trees to promote health of body and serenity of mind This e book sets out to prove that the basic principles on which aromatherapy is based are no less valid today It contains the profile of 10 common essential oils and also an introduction to common ailments and the use of aromatherapy in skincare Chapters include Introduction to Holistic Medicine Brief history method of absorption essential oils Chemistry and aromatherapy essential oils safety Base oils aromatic waters and herbal oils The skin essential oils in skincare Profile of 10 essential oils Common ailments **The Aromatherapy Guide** Kevin Farrow, 1998 *Aromatherapy Reference Guide Library* KG Stiles, 2025-04-15 ESSENTIAL OILS REFERENCE GUIDE LIBRARY 6 Book Healing Bundle Comprehensive Aromatherapy Guide for Natural Healing Essential Oil Chemistry Therapeutic Blending Unlock the power of essential oils with this best selling six book aromatherapy bundle a must have reference library for anyone interested in natural remedies holistic wellness and mind body healing Whether you re a beginner exploring how to use essential oils for common ailments or a practitioner seeking to deepen your understanding of essential oil chemistry this complete guide is your go to resource WHAT S INSIDE BOOK 1 Essential Oils Quick Reference Guide for Over 100 Common Ailments Discover over 100 conditions and how to treat them with essential oils Covers support for body mind emotions and spirit including stress sleep skin issues immune support and more BOOKS 2 4 Essential Oil Chemistry Series Formulating Blends that Heal Deepen your understanding of essential oil chemistry the foundation of true aromatherapy Each book offers a concise overview of chemical families their therapeutic properties and practical applications for formulating synergistic blends Book 2 Alcohols Sesquiterpenes Esters Ethers Book 3 Aldehydes Ketones Lactones Book 4 Monoterpenes Oxides Phenols BOOK 5 Aromatherapy Healing Power of Scent Blending Secrets 18 Aroma Classifications Explore the energetic and emotional aspects of scent with expert guidance on how to blend for physical emotional and spiritual transformation BOOK 6 Chemistry of Essential Oils Quick Reference Summary A user friendly summary of the 12 chemical families with their aromatic qualities healing actions and safety notes for quick blending guidance WHAT READERS EXPERTS SAY I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience combined with her compassionate passion to assist and facilitate personal growth and wellness is unsurpassed Eldon Taylor Ph D FAPA NYT Bestselling Author of Choices and Illusions Highly recommended for anyone interested in

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Briana Stewart,2014-06-04 Learn How You Can Start Your Own Hair Salon In Just 60 Days If you are passionate about hair cuts and want a way to take your skill to the next level If you are currently working as a hair stylist in some one s salon but wants to start your own hair salon If you just want to start a business that is capable to generate money for you even in the recession If you are exploring what it takes to start a hair salon just to see if it s your cup of tea If you want to start your own hair salon and want to get the exact step by step guidelines so you can be up and running without any mistakes How To Start A Hair Salon is a comprehensive guide that provides complete step by step instructions you need to know in order to start and successfully run your hair salon business without the painful process of trial and error It will show you how you can easily take your hair salon business off the ground This guide is written in easy to understand English and in layman s language so that any one can get benefited from it This guide is filled with over 50 pages filled with meat without any fluff It contains EVERYTHING you should know to succeed in hair salon industry Here s What To Expect From How To Start A Hair

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